

Roadhoggs Leicester A.C.



July/August 2017

Established 10/08/1984
Affiliated MCAA, LRRL, DRL, RWA.

Steve Makes it Three!

Handicap specialist Steve Palmer became the first person to win the trophy three times after another quality run over the testing 10K course. In four attempts he has run 48.48, 48.10, 47.03 and 47.26. There was a new name on the ladies' trophy however, with Hilary smashing her handicap to beat Jeannette (even an 'unofficial' 10K PB was not enough for the win). Things got pretty busy at the finish with 6 people finishing within 30 seconds of their handicap time and a further 3 within a minute.

	Bogey	Start	Finish	Net time	Delta	Position
Barry Waterfield	75	0	78.02	78.02	3.02	11
Liz Butler	66	9	78.09	69.09	3.09	4
Hilary Buckley	63	12	72.02	60.02	-2.58	1
Jeannette Franklin	59	16	73.09	57.09	-1.51	2
Baz Barratt	53	22	78.15	56.15	3.15	12
George Barratt	53	22	75.48	53.48	0.48	8
Keith Dakin	52	23	80.09	57.09	5.09	14
Dan Bannatyne	51	24	75.13	51.13	0.13	6
Steve Robinson	49	26	75.33	49.33	0.33	7
Hitesh Pandya	49	26	77.23	51.23	2.23	10
Steve Palmer	48	27	74.26	47.26	-0.34	1
Terry Woodhouse	47.30	27.30	74.51	47.21	-0.09	4
Graham Walker	46.30	28.30	78.48	50.18	3.48	13
Rachel Dearden	45	30	74.39	44.39	-0.21	3
Max Barratt	43	32	76.42	44.42	1.42	9
James Thurman	41.30	33.30	74.50	41.20	-0.10	3
Gurmit Singh	41.30	33.30	74.45	41.15	-0.15	2
Mark Ramsden	39	36	75.06	39.06	0.06	5

The only hitch on the night (apart from Keith missing the mobile fish and chip van) was a cycling club choosing Illston as the venue for their evening ride. Thanks to Brian for manning the much-appreciated water station.

Leicestershire Road Running League 2017

Summer League

Joy Cann 5 2nd August
Carl Rutt 10K 13th August
John Fraser 10 3rd September

All races are now by individual online pre-entry.

County Standards 2017

Several more members have now achieved (or improved) their County Standards: Aruna (Bronze), Steve B (Copper), Igor (Bronze), Shaun (Pewter), Dave (Gold), Tom (Copper), Mark R (Silver), Marcus (Bronze), Harry (Pewter), Chris W (Copper) and Terry (Copper).

To find out how you're doing, turn to page 10. If you spot any errors, please let me know. You can find the times you need to achieve for the various levels on www.lran.org.uk (age is the age you were on the day of the race).

In This Issue

Ultra antics (page 2), For the record (page 2), Fell racing (page 5), Road Running (page 5), Standards (page 10).

Picture credits: V+M Images, Nick Moore, Louise Forsdyke.

Member News

A very warm welcome to new member Ian.

Many congratulations to Clare and Robin on the birth of Beatrix Clare Meynell Mendes.

Not the Race to the Stones

Brian Feldman



Me with Barbara Hermann at the first mile, and we're still smiling!

Thank you to everyone who sent me their good wishes for the Race to the Stones.

Unfortunately, my legs gave out at 73 km demonstrating that there is no substitute for putting in the miles before a long run. I missed too many weeks through illness and injury and perhaps in retrospect should have deferred my entry to next year or, better still, run the first half, 50 km, only. But we are all stubborn runners, denying our frailties, or else we wouldn't start a long run at all.

For anyone considering doing the RTTS it is the best supported Ultra I have done. There was a mound of every food stuff at every pit stop, with a lovely cooked meal at 50km and, unlike other Ultras, there were also several toilets at every stop. There were even showers at 50km and at the end. In addition, there was medical support at every 25 km.

The route along the Ridgeway has wonderful views from 30km onwards, but make no mistake this is a very hard run. The first 30km are mainly through woodland, with some very long, very steep, hills, where my walking poles were invaluable. I had run this part of the course before as part of another ultra, where I was running at night, but the path beside Grim's Ditch, an ancient tribal boundary, was difficult. You are constantly running up and down small humps of ground, trying to avoid the many tree roots, keeping to a narrow path with the faster runners breathing down your neck to go past.

From Goring onwards the terrain changes from soft woodland to stony tracks, long inclines, and spectacular views across wonderful countryside. The Ridgeway dates from Palaeolithic, Stone Age, times and is more than 5,000 years old, it passes Waylands Smithy, dating from 3590 BCE, and the White Horse but sadly, none of the sites are visible from the track and a detour is not one to attempt on a 100 km journey.

It was a lovely surprise to meet Barbara Hermann at the start, and running with her for the first few miles helped me into my stride but, she was inevitably faster and eventually sped off. The weather all day was just right except for the continual light rain which soaked us through. Luckily, I was able to meet my daughter at Streetley, across from Goring at 30km, to change my kit.

I could not have got to 73km without the wonderful support from my daughter Charly Feldman with tea, hot rice pudding and encouragement at every stage. Most importantly, it was she who, having watched me beginning to wobble and with another 6 hours of "running" to go decided enough was enough. The organisational support was excellent with medical teams at the major stops, and the camaraderie of the other runners was also very good and you could run the race without additional support, but there is no substitute for your own dedicated team, who are prepared to take a detached view and call a halt if necessary.

Like everyone after a grueling run I said, "never again", but having had a very effective sports massage from Leicester Sports Clinic, I feel much better and of course thinking about next year. If I can get back to 50+ miles a week for a few months I see no reason not to try another ultra. The organisers of RTTS also have two other, shorter, 50 mile ultras, and I will also consider those too.

For the Record

Bpr 6/5/17		
Ben Milsom	21st	20.23
George Barratt	162nd	25.30(PB)
Ian Bass	223rd	27.31
Rushcliff pr		
James Thurman	24th	20.17
Rachel Dearden	52nd	22.14
LVpr 6/5/17		
Nathan Booker	23rd	21.06

Richard Curtis	32nd	21.40
Ian Loke	98th	25.18
Jeannette Franklin	172nd	29.07
Shaun Heaphy	173rd	29.08
Usha Goyal	250th	33.56
Brian Feldman	293rd	51.07
Prague Marathon		
Jacqui Dean	4864th	4.37.50(PB)
Malvern Hills Ultra 29		
Chris Peach	17th	7.46.49
Clawson 10K		
Trudy Sharpe	195th	1.13.27
LVpr 13/5/17		
Igor Burbela	13th	20.17
Nathan Booker	17th	20.35
Marcus Shaikh	62nd	23.41
Ian Loke	83rd	25.07
Shaun Heaphy	126th	27.11
Jeannette Franklin	140th	27.58
Valerie Spezi	211th	31.02
Liz Butler	223rd	32.13
Alison Lodwick	227th	32.26
Brian Feldman	300th	48.47
Rutland Water pr		
James Thurman	5th	19.10(PB)
Max Barratt	13th	20.22
Rachel Dearden	36th	23.16
George Barratt	58th	24.50(PB)
Baz Barratt	88th	26.26
Swindon pr		
Richard Curtis	48th	21.36
Bpr 13/5/17		
Ben Milsom	15th	19.23
Kathryn Evans	59th	22.01
Martin Capell	257th	28.32
Cressbrook Crawl		
Dave Lodwick	48th	58.36
Bosworth HM		
Dale Jenkins	80th	1.36.46
Steve Palmer	156th	1.44.03
Wymeswold Waddle		
James Thurman	16th	32.00
Rachel Dearden	90th	38.19
Rugby 6		
Tim Parry	218th	47.35
Tansley Hill Race		
Dave Lodwick	50th	43.04
Bpr 20/5/17		
James Thurman	28th	20.09
Ben Milsom	37th	20.36
Max Barratt	117th	24.20
Chris Willmott	123rd	24.26
Rachel Dearden	159th	25.20
Baz Barratt	166th	25.32
Martin Capell	242nd	27.46
MHpr 20/5/17		
Rob Milstead	35th	21.24
LVpr 20/5/17		
Steve Palmer	49th	22.39
Valerie Spezi	189th	30.17
Prab Chauhan	202nd	30.41(PB)

Ian Loke	207th	30.44
Usha Goyal	305th	51.43
Totley Moor		
Dave Lodwick	98th	59.45
Swindon pr		
Richard Curtis	65th	22.30
Keswick pr		
Brian Feldman	200th	35.40
LVpr 27/5/17		
James Thurman	10th	19.37
Max Barratt	48th	22.11
Terry Woodhouse	52nd	22.31
Marcus Shaikh	60th	22.47
Rachel Dearden	76th	23.27
Ian Loke	115th	25.01
Baz Barratt	153rd	26.41
Shaun Heaphy	177th	27.28
Prab Chauhan	237th	29.21(PB)
George Barratt	267th	30.26
Usha Goyal	311th	32.49
Jeannette Franklin	383rd	50.15
Manchester 10K		
Liz Butler	13246th	1.11.24
Edinburgh Marathon		
Leah Boatman	1895th	4.03.03
Arnesby May Fayre XC		
Dale Jenkins	11th	32.37
Bpr 3/6/17		
Ben Milsom	48th	21.33
Martin Capell	240th	27.59
Harry Short	440th	35.47
MHpr 3/6/17		
Steve Barnes	83rd	24.40
Markeaton pr		
James Thurman	14th	20.04
Rachel Dearden	80th	24.02
LVpr 3/6/17		
Igor Burbela	11th	20.17
Nathan Booker	19th	22.01
Richard Curtis	20th	22.03
Ian Loke	66th	24.52
Valerie Spezi	202nd	32.22
Liz Butler	209th	32.59
Brian Feldman	238th	38.01
MHpr 10/6/17		
Gurmit Singh	4th	19.06
Swindon pr		
Richard Curtis	59th	21.56
Coventry pr		
James Thurman	17th	19.44
Rachel Dearden	105th	23.52
Tooting Common pr		
Kathryn Evans	126th	22.58
Perry Hall pr		
Harry Short	31st	23.47(PB)
LVpr 10/6/17		
Nathan Booker	15th	21.09
Janet Hall	99th	26.59
Alison Lodwick	158th	31.04
Usha Goyal	164th	31.35
Liz Butler	165th	31.36

Valerie Spezi	208th	43.10
Bpr 10/6/17		
Ben Milsom	40th	21.16
George Barratt	109th	24.17(PB)
Max Barratt	122nd	24.30
Baz Barratt	148th	25.18
Shaun Heaphy	174th	26.17
Jeannette Franklin	223rd	28.03
Martin Capell	230th	28.17
Market Harborough HM		
Lee Hennell	154th	1.59.05
Trudy Sharpe	329th	2.30.17
Passing Clouds		
Dave Lodwick	47th	1.36.12
Harborough 5		
Tom Martin	142nd	37.00
Rothley 10K		
Harry Short	222nd	51.06
Lee Hennell	242nd	52.06
Andy Upton	273rd	52.39(PB)
Ian Loke	286th	53.09
Chris Willmott	301st	53.31
Aruna Bhagwan	418th	57.48
Swindon pr		
Richard Curtis	48th	22.02
Bpr 17/6/17		
Ben Milsom	113th	24.11
Chris Willmott	150th	25.03
Martin Capell	253rd	28.09
Conkers pr		
Harry Short	87th	23.43(PB)
LVpr 17/6/17		
Gurmit Singh	3rd	19.07
Nathan Booker	29th	21.53
Emma Raven	33rd	22.13
Leah Boatman	45th	23.29
Baz Barratt	88th	25.56
Shaun Heaphy	98th	26.29
Jeannette Franklin	116th	27.40
Valerie Spezi	151st	29.35
Prab Chauhan	159th	30.09
Brian Feldman	209th	34.36
Stratford-Upon-Avon pr		
James Thurman	17th	20.47
Rachel Dearden	26th	21.31
Road to Recovery 10.2m		
James Thurman	11th	1.15.31
Aruna Bhagwan	112th	1.43.41
Prestwold 10K		
Max Barratt	96th	47.36
Terry Woodhouse	104th	47.44
Graham Walker	143rd	51.16
Harry Short	174th	53.11
Brian Feldman	373rd	1.11.59
Swindon pr		
Richard Curtis	43rd	21.55
Bpr 24/6/17		
Ben Milsom	49th	22.08
Kathryn Evans	69th	22.59
Shaun Heaphy	180th	27.05
Jeannette Franklin	181st	27.07

Congleton pr		
Harry Short	65th	23.36(PB)
LVpr 24/6/17		
James Thurman	8th	19.16
Emma Raven	28th	21.34
Terry Woodhouse	29th	21.35
Max Barratt	44th	22.44
Rachel Dearden	57th	23.21
George Barratt	60th	23.28(PB)
Baz Barratt	80th	25.03
Prab Chauhan	136th	29.15(PB)
Brian Feldman	168th	31.46
Alison Lodwick	171st	32.07
Cragg Vale		
Dave Lodwick	48th	40.35
Bpr 1/7/17		
James Thurman	19th	19.02(PB)
Ben Milsom	50th	20.55
Martin Capell	227th	27.01
Congleton pr		
Jacqui Dean	128th	27.22(PB)
MHpr 1/7/17		
Steve Barnes	81st	24.22
Margate pr		
Brian Feldman	63rd	33.14
Tooting Common pr		
Kathryn Evans	100th	22.34
LVpr 1/7/17		
Nathan Booker	16th	20.49
Richard Curtis	26th	21.30
Baz Barratt	69th	24.43
Shaun Heaphy	86th	25.52
Valerie Spezi	155th	29.51
Usha Goyal	174th	31.44
Harry Short	187th	33.44
Holkham 10K		
Charlotte Wood	39th	43.56(PB)
Rob Milstead	46th	44.45
Birmingham Black Country HM		
Tom Martin	259th	1.45.57
Chris Peach	637th	2.00.32
Whissendine 6		
George Barratt	109th	49.24
Baz Barratt	123rd	50.44
Bpr 8/7/17		
Ben Milsom	41st	21.12
Martin Capell	192nd	27.59
Tooting Common pr		
Kathryn Evans	122nd	23.57
MHpr 8/7/17		
Gurmit Singh	4th	18.48(PB)
LVpr 8/7/17		
James Thurman	6th	20.17
Rachel Dearden	29th	22.37
Lee Hennell	53rd	23.47
Shaun Heaphy	81st	25.32
Marcus Shaikh	82nd	25.33
Jeannette Franklin	104th	27.07
Valerie Spezi	126th	28.33
Harry Short	188th	34.53

On the Fell

Cragg Vale (4 miles/801ft)

As luck would have it, a few days away in Yorkshire presented the perfect opportunity to do a fell race in one of the hotbeds of the sport. On our first day, I found that Calder Valley Fell Runners, a famous club who number Leicestershire fell running luminaries Sally Newman and Jason Williams among their ranks, met a few hundred meters from our cottage. On the Monday, the fells had been reasonably dry but by race day (Wednesday) everything looked a lot different. I set out to run the 2-odd miles to the race HQ through the rain, although I'd only managed a mile before someone stopped and offered me a lift. Registration was in the church and the guy who provided the lift announced that it was the first time he'd been back to there since getting married 23 years before!

As an experiment, the usual route had been reversed. This meant that there were no queues because first mile was on narrow tarmac or stony lanes. It also meant that we wouldn't be racing at full pace down steep wet tarmac at the end, which seemed like a good call. I went in having missed quite a bit of training due to an injury niggle but the legs actually felt quite good (all things are relative; on one really steep bit someone who was walking kept pace with me!). Once we were up on the moor things levelled off a bit (again, it's all relative) but there was plenty of bog and rough terrain to compensate. I started to pick people off and as the incline started to change from up to down, this started to accelerate. Things were going really well until we entered a small wooded slope above the river. Steep mud, tree roots and rocks are not a great combination and in the gloom it was difficult to see your footing, let alone any course markings. The guy in front of me went the wrong way and sheep-like, I followed. The stupid thing is that I was pretty sure that he was going wrong but didn't want to forge my own path and be accused of corner cutting. At this point I lost my footing and ended up on my backside, slipping down an almost vertical bank towards the river. I must have gone 10ft before I managed to apply the brakes. I managed to climb back up to the path and finish the race but not before I'd whacked my head on a low branch for good measure!

First aid was definitely from the 'man up' school; I was told that I had a cut on my forehead and while one of my fellow competitors poured some water from a jerry can so I could wash the mud off my hands, another threw a cup of water at the cut. Job done. There was beer on offer in the church but I decided to take my mud home and jogged back to the cottage hoping that the rain would wash off the worst of it. For those that follow such things, the race was won by international fell runner Ben Mounsey, a member of the local club. (48/83)

Road Running

LRRL Summer League: West End 8

An unfortunate double-booking by the rugby club meant that the West End 8 was a bit different this year. Race HQ was a sports field tucked away behind the village school. Fortunately, the weather was kind and it all turned out well. It also gave us an excuse to break out the new Roadhogs event shelter, which seemed to receive plenty of positive comment; there's certainly no chance of us flying under the radar anymore!



Marcus: Big improvement over 2016

The race started on Barkby Road, which was about half a mile from the field and then followed the traditional route up Ridgemere Lane to South Croxton and 'that bleep, bleep

hill! Of course the nice thing is that once you're past that, there is no more climbing to be done. Severn Trent were supposed to be closing off South Croxton Road which could have disrupted or even forced the cancellation of the race, but the Highways Department told them they had to delay starting until after the race; a perfect example of the benefits of constructive dialogue between LRRL and Council. Once back in Queniborough, the course turned right and did a loop of a housing estate before returning for a lap of the sports field. Although many people enjoyed the altered finish, safety considerations (the road crossing in the village caused problems) mean it'll be back to normal for next year.



Ben leads home James

Ben (79th) and James T (84th) had their usual hard-fought battle with the captain just coming out on top. Another close rivalry played out with Dave (110th) getting the nod over Dale (122nd). Steve (154th) continued his return to form and Max overcame painful feet to finish 158th. Roger (187th) finished just outside the hour and Tom (199th, running with ex-Roadhogg Simon Fryer for much of the way) was followed by Lee Hubbard (201st). Marcus (225th) again showed the progress he is making by running the race a full 30s per mile quicker than 2016 and Terry (228th) completed his first race post-Marathon. Harry (251st) made a promising debut, finishing in front of the ever-consistent Steve B (254th).

Jackie (12th) was in commanding form for the ladies, showing Charlotte (20th), Emma (27th) and Rachel (33rd), who all ran really well, a clean pair of heels. She was rewarded with a rare Diamond Standard and the prize for first FV50. It was good to see Barbara (133rd) racing (and taking a big chunk off her 2016 time). Aruna (145th) continued her impressive progress and Ruth (159th) kicked off her final season with the club before starting a new chapter in her life.



Jackie: Diamond Standard

LRRL Summer League: Gaddesby 7

Being only in its second year, this race is somewhat of a novelty. The sneaky inclines are yet to register in the memory banks; only the big b*%@#^ds entered those pre-race thoughts. It's a tough course with a couple of climbs, notable for their length rather than severity. Payback comes in the form of a steep descent to the finish. We were blessed with good weather but it was a little too warm for comfort and one runner had to be hospitalised after collapsing close to the finish.

Twenty six Hogs made it to the start line including Graham and Dave B, who were making their first starts of the season, and George in his debut race for the club.



Ruth: Enjoying her swansong

Jackie (9th) was the first of our ladies to finish once again but Rachel (13th), Charlotte (14th) and Emma (17th) were hot on her tail. Three lady vets in the top 20 was good enough for another maximum points haul as well. Ruth (145th) and Jeannette (161st and a Bronze Standard) completed the senior six, with Alison (197th) providing backup.



Max: Breakthrough race

James T was first home in an excellent 66th place. Behind him, Gurmit (73rd) just edged out

Max (74th) who was having a real breakthrough race. His parkrun times have shown his natural speed but now he is adding the endurance necessary to shine in the longer stuff. Dave (91st) and Dale (107th) assumed their customary place as first of the 'oldies', with backup from Steve W (116th). Ben (145th) defied an injury to score for the team and Tom (149th) just pipped Terry (150th) for final counter. After Terry, it was pretty heavy traffic with Marcus (154th), Graham (170th, a good solid opener to his season), Lee Hubbard (172nd) and Roger (175th). It was great to see Dave B (177th) back racing, although he was forced to take it steady to avoid aggravating an Achilles issue. Tim (179th) was the last of that particular bunch, but we were nowhere near done. Steve B (213th) led in the next posse, with Harry (224th), George (246th) and Shaun (257th) following.

LRRL Summer League: Swithland 6

A 750 entry sell out for this ever popular race. Excepting a couple of wet years, this one is usually hot and this year's race stuck to the pattern. The heat seemed to build quite rapidly during the morning and it was already quite hot by the time the race started. None of the hills are severe and there's a particularly fast section through the village but it's not a quick course, probably as a result of the long potholed section after the reservoir; the fact that much of the last mile is uphill doesn't help, either. We had a respectable 27 for this one, including Jacqui D in her first league race of the year.

Gurmit (75th) produced an excellent run to be first in, bagging a Silver Standard in the process. He was backed up well by James T (94th) with Dave (122nd) and Dale (126th) battling it out a bit further behind. Skipper Ben was once more struggling with injury but gritted it out well for 141st. Tom (175th) led in a well-matched bunch; Marcus (a PB for 178th), Graham (180th) and Dave B (183rd). Tim's strong run earned him a PB and his first Silver (198th) with Roger not too far behind in 204th. Steve B (239th) was followed by Harry (244th) and Keith (245th). Chris W (264th) and Shaun (282nd) completed the team.

Our ladies were on fire with both Charlotte (12th) and Jackie (14th) setting PBs. Rachel (20th) just pipped Emma (21st) and Bec (48th) was back to add some firepower. Janet (145th), back from illness, led in Aruna (147th) and Jacqui (180th) headed Jeannette (193rd), who

recorded a PB, with Liz (253rd) and Alison (259th) rounding off.

LRRL Summer League: Hungarton 7

For the first time in 34 years the Hungarton 7 didn't finish in the heart of the village. The risk of a repeat of the selfish and illegal behaviour of an irate resident (deliberately driving a 4x4 into the race) forced the organisers to opt to break with tradition. It meant that we were denied a downhill finish, a great shame for those of us who descend well, but fair in the sense that start and finish are now on a similar level. Despite losing one or two, we still had an impressive 31 line up for the start (or they would have done if there hadn't been an organisational failure with the start), including Hilary competing in her first race for the club. Although nowhere near as unpleasant as 2015, the temperature was nudging 80°, so careful hydration and prudence were the watchwords for the day.



Jeannette showing impressive technique

Last year, runners were corralled on the parking field and then walked to the start en masse once the road had been closed. There didn't seem to be any instructions being given over the PA, so people started to drift onto the road. This prompted appeals for everyone to move back to

the field with added chaos from the late arrival of a car (which only seemed to contain spectators). With hindsight, most of those with top 50 ambitions must have ignored the instructions and stayed by the start line. It came as a surprise to hundreds of runners when a hooter went while they were still making their way towards the start (some were even still in the car park). It took a moment for the penny to drop but the combination of the hooter and the road clearing in front led to hasty starting of Garmins and panicked running. To add insult to injury, it can be seen from the results that the clock was started approximately 24 seconds before the race actually started, so everyone's gun time is out.

Once again, our ladies did us proud. Jackie had an added incentive for running fast; she had tickets for James and didn't want to miss any of the set. Charlotte kept her in sight for much of the race but had no answer to a strong finishing surge. Emma soon made it three and maximum points were in the bank. It was good to see Leah back after her Marathon exploits. Aruna looked good and Jeannette ran well to complete her Bronze County Standard for 2017. Ruth found some relief from the stress of house moves and Hilary had her first experience of the wonderful relaxed and supportive atmosphere that characterises our League races. Both Liz and Alison found it hard going but dug in as usual.



George with Dad in his sights

It was good to have Mark R back after injury and to see him come through without a setback. James T managed to better the PB he set at Gaddesby and was well backed up by Gurmit and Igor. Sam was also returning after breaking his arm but put in a really good run. Dave and Dale were both nursing foot problems and mostly

aiming for survival. Ben is another one who has had injury woes and is now trying to regain his fitness. Terry was final counter for both senior and veteran teams, finishing just in front of Steve P and Tom. Steve W, another member of the 'relieved to get round in one piece club' was followed by Dan, Marcus and Tim. Lee Hennell, making his first start of the season, led in Dave B who was finding out how a dodgy Achilles and a diet of cross-training translated to a hilly 7-mile road race (answer, OK but no cigar). Baz managed to beat George but such is George's rate of improvement, family bragging rights will surely pass to the younger generation before much longer. Steve B seemed to have 'a bit of a hard day at the office', while Brian enjoyed his first taste of those famous Hungarton hills.

Birthdays	
July	August
George, Ian B, Marianne, Hilary, Prab, Ceri (V50), Brhane, Trudy, Graham, Sam W, Charlotte	Lee, Lee, Dale, Roger, Ben, Maria, John (V60), Steve W

County Standards

		5K	5 mile	6 mile	10K	7 mile	8 mile	10 mile	HM	20 mile	Marathon	Standard
Aruna Bhagwan	V55			54.35 B	57.48 B	1.04.40 B	1.14.39 B		2.10.12 B			B
Leah Boatman	SL		38.58 B	46.12 B		57.37 C			1.51.06 C	2.57.58 B	4.03.03 C	C
Rebecca Bromwich	V35		39.05 B	46.18 B					1.45.57 B			
Jackie Brown	V50		35.43 G	42.40 D	45.19 G	50.24 G	56.56 D		1.37.53 G			G
Liz Butler	V35			1.05.38 T	1.04.53 T	1.14.53 T						
Sam Conlon	V40				48.46 B				1.53.47 B			
Jacqui Dean	V45			57.09 C					2.03.11 C		4.37.50 P	
Rachel Dearden	V35	20.39 S	36.13 B	43.28 S	44.09 S	51.16 S	59.47 B					B
Kathryn Evans	V40	21.59 S							1.39.56 S		3.33.11 S	
Jeannette Franklin	V60	27.07 S		57.50 B	59.57 B	1.07.05 B						
Janet Hall	V40		42.07 C	52.45 C	53.3 C	1.00.20 C						
Barbara Hermann	V35					1.03.31 P	1.12.59 P		2.13.00 P			
Alison Lodwick	V55		55.35 P	1.07.41 P		1.19.30 P						
Maria O'Malley	V35	28.30 P	47.22 P		57.00 P	1.06.12 P						
Emma Raven	V50		36.09 G	43.30 G	45.30 G	52.02 G	59.13 G					G
Trudy Sharpe	V45								2.30.17 T			
Ruth Stevely	V45					1.07.26 C	1.15.42 C					
Charlotte Wood	V45		35.23 G	42.10 G	43.56 G	51.21 G	58.57 S					S
Dan Bannatyne	SM	25.07 P				57.34 P						
Steve Barnes	V55	26.00 C	39.42 B	50.10 B		57.32 B	1.07.03 B					C
Baz Barratt	V55	24.20 B		50.44 B		1.00.54 C						
George Barratt	SM	24.17 P		49.24 P		1.00.59 P						
Max Barratt	U20	19.13 S	34.44 B	40.40 B	43.18 B	47.52 B	58.14 C		1.41.30 C			B
James Boyd	SM			37.28 S								
David Bullivant	V40		40.36 C	44.57 B		55.20 C						
Igor Burbela	V55	23.29 B	33.21 G			48.20 G			1.30.42 G		3.12.44 G	B
Keith Dakin	V60			49.55 B		1.01.21 B						
Marc Draycott	V45		35.47 B						2.02.47 P			
Stephen Dunne	SM			43.46 C								
Brian Feldman	V70	32.55 P			1.03.41 C	1.10.58 C			2.18.20 C			
John Heap	V45										4.12.22 P	
Shaun Heaphy	V60	26.17 B	45.31 C	54.31 C	58.40 C	1.09.47 P						P
Lee Hennell	V40				52.06 P	58.52 P			1.59.05 P			
Lee Hubbard	SM				45.33 B	55.15 C	1.02.07 C					
Dale Jenkins	V55		34.33 G	41.41 G	43.30 G	49.25 G	56.05 G		1.34.52 G			G
Sam Jolly	SM	19.41 B	33.34 B	40.13 B	43.17 B	46.55 B			1.33.06 B			B
Roger Kerridge	V55		39.30 B	46.49 B	49.25 B	55.35 B	1.00.54 S					B
Dave Lodwick	V55	20.30 G	33.38 G	41.28 G	42.41 G	49.14 G	55.05 G					G
Ian Loke	V45				53.09 C							
Tom Martin	SM		37.00 C	44.21 C	51.09 C	53.58 C	1.01.49 C		1.45.57 C			C
Ben Milsom	SM	19.05 S	32.18 B	40.26 B	40.08 S	46.30 B	53.05 B		1.39.01 C			B
Rob Milstead	V60				44.45 G							
Steve Palmer	V65				46.08 G	53.57 G			1.44.03 G			
Hitesh Pandya	V50			46.37 B								
Tim Parry	V55		40.02 B	45.49 S	48.26 B	55.13 B						
Chris Peach	V50							1.29.04 C	2.00.32 C	3.06.10 C		
Mark Ramsden	SM		29.38 S	36.48 S	36.56 G	42.38 S				2.12.58 G		S
Steve Robinson	V40											
Marcus Shaikh	V40	22.14 B	36.36 B	44.39 B	45.29 B	52.39 B	1.04.06 C			2.58.45 C		B
Harry Short	V40	24.17 P		50.08 P	51.06 C	1.00.57 P	1.06.48 P					P
Gurmit Singh	SM			38.42 S		47.23 B						
John Stew	V55										5.22.42 T	
Dave Swan	V70		52.42 C									
James Thurman	SM	19.02 S	32.26 B	39.37 B	40.17 S	46.34 B	53.13 B			2.30.38 B	3.28.22 B	B
Andy Upton	V50				52.39 C							
Graham Walker	V50			44.30 B		54.50 B						
Barry Waterfield	V80											
Steve Wheeler	V45			46.00 B	46.04 B	50.59 B	58.14 B					
Chris Willmott	V50	24.26 C	40.57 C	51.29 C	53.16 C	1.00.08 C			2.00.34 C			C
Neil Winkless	V40											
Terry Woodhouse	V40	20.53 B			53.23 P	54.02 C	1.04.06 C			2.49.45 B	3.54.35 C	C